

FARMER'S MARKET SPRING HERB FRITTATA

A light and flavorful frittata packed with seasonal herbs, tender greens, and creamy cheese, perfect for a fresh, farmers market-inspired meal.

Serves: 4-6 | Prep Time: 10 minutes | Cook Time: 20 minutes

Ingredients:

8 large pasture-raised eggs

½ cup heavy cream (or whole milk)

1 cup baby spinach (or arugula)

½ cup asparagus, thinly sliced

½ cup spring onions or shallots, thinly sliced

¼ cup fresh herbs (such as chives, parsley, dill, or basil), chopped

½ cup goat cheese or feta, crumbled

2 tbsp olive oil or butter

Salt & pepper to taste

Optional: Edible flowers (like nasturtiums) for garnish

Instructions:

Preheat oven to 375°F.

In a bowl, whisk together eggs, cream, salt, and pepper until well combined.

Stir in chopped herbs.

In an oven-safe skillet, heat olive oil over medium heat. Add spring onions and asparagus, sautéing for 2-3 minutes until tender.

Add spinach and cook just until wilted.

Pour egg mixture over the veggies in the skillet, stirring gently to distribute ingredients evenly.

Sprinkle crumbled cheese on top.

Cook on the stovetop for about 2-3 minutes, then transfer the skillet to the oven.

Bake for 12-15 minutes, or until the frittata is set and lightly golden.

Let cool slightly before slicing. Garnish with extra herbs and edible flowers if desired.

Serving Suggestions:

Enjoy warm or at room temperature.

Pair with a fresh farmers market salad or crusty sourdough bread.

Serve with a side of honey-drizzled strawberries for a Mother's Day touch!